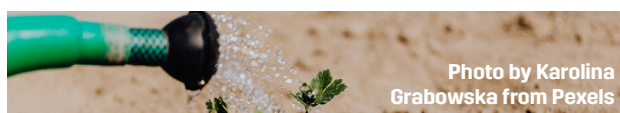


Taking Care: Remember Your Why

The Mindful Self-Care Scale (MSCS) is intended to help individuals identify areas of strength and weakness in self-care behavior, as well as interventions that serve to improve self-care.

The scale addresses ten domains of self-care: nutrition/hydration, exercise, soothing strategies, self-awareness/mindfulness, rest, relationships, physical and medical practices, environmental factors, self-compassion, and spiritual practices. There are also three general items to assess the individual's general or more global practices of self-care.

[Take the Mindful Self-Care Scale Assessment »](#)



[What Is Your WHY - Motivational Video »](#)

Podcast: Whats Your Why? Finding Purpose Meaning

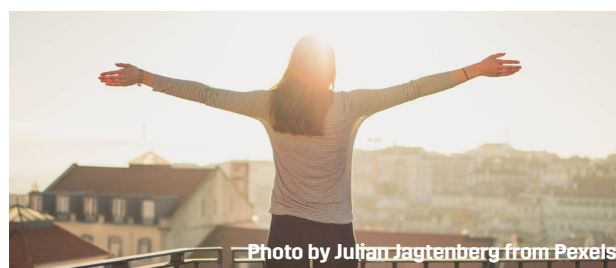
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Your 'Why' Matters: The 10 Benefits of Knowing Your Purpose in Life

Ever thought about what your purpose is in life? Some of us live our entire lives trying to figure out the purpose of our existence. Some people fail, and some people succeed. And then there are those people who know their purpose, but still they get diverted from them.

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6 Ways to Discover and Choose Your Core Values:

Life presents an endless series of decisions, large and small, that require you to make difficult choices. While many factors are involved, the critical factor in deciding may be your core values. These values tell you what kind of person you are, or want to be, and provide guidelines, or even imperatives, for your actions.

But how do you know what your core values are? This blog post will reveal six ways to discover and choose your core values.

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